



sports & fitness **Facilities**

Gym Reservations

There will be an \$10.00 (volleyball), \$8.00 (basketball) gym reservation fee. Courts are available for 55 minute time blocks, one reservation per team per week. Each Center, except Easterday, and F Street, accommodates three full size volleyball courts or two full size basketball courts. Weekly reservations are taken beginning on Wednesday at 9:00 am for the following week.

Call the following Center of your choice to make a reservation.

Air Park Center	3720 NW 46th	441-7876
Belmont Center	1234 Judson	441-6789
Calvert Center	4500 Stockwell	441-8480
Easterday Center	6130 Adams	441-7901
F Street Center	1225 F Street	441-7951
Irving Center	2010 Van Dorn	441-7954



Weights/Fitness Facilities

A twelve-punch card is good at our Centers listed below. Weight room punch cards may be purchased for \$10.00 at any of the centers with weight facilities. (Single day use is \$1.00)

Air Park Center:

Universal weight machine, leg curl, leg extension and exercise bike.

Easterday Center:

Olympic free weight system, leg curl and leg extension machine.

Irving Center:

Universal weight machine, Air Dyne exercise bikes, and a rowing machine.

Air Park Center	3720 NW 46th	441-7876
Easterday Center	6130 Adams	441-7901
Irving Center	2010 Van Dorn	441-7954

Track/Fitness Facilities

The indoor, elevated tracks at Belmont and F Street Centers are available for your need at times you need them. For a chart of available times and use see Page 27.



F Street Community Center

Track, Gym & Fitness

Stop by for a tour of these and our other facilities.

Visit our other Centers as well.

(see addresses listed on this page)

Belmont Center: 13 lap /mile elevated track, Universal fitstep climbers, Treadmill, Concept II Rowing Machines, Schwinn Air-Dyne exercise bikes, Nordic Track Cross-Country Ski Machines, ProMaxima Treadmill, and a Universal Weight Machine.

F Street Center: Free weights, treadmill, stair climbers, exercise bikes, elliptical machines.

There are showers and lockers available at Belmont and F Street. Bring your own lock and towel.

Belmont Center	1234 Judson	441-6789
F Street Center	1225 F Street	441-7951

Track/Fitness Facility Fees

Pass Type	Belmont Fees	F Street Fees
Single Day	3.00	3.00
Monthly Pass	30.00/individual 45.00/family	30.00/individual 40.00/family
Yearly Pass	200.00/individual 300.00/family	200.00/individual 300.00/family
Track Use Only	1.50/single day 15.00/monthly	1.50/single day 15.00/monthly

See page 23 for more schedules and information about our Gym, Track, and Fitness Facilities.

Fitness Facilities Hours

Su	M	T	W	H	F	Sa	Center	Type	Hours	Use	Fees
Air Park West											
M	T			H	F			Gym	11:30 am - 8:00 pm	Everyone	Free
			W		F			Gym	11:30 - 5:30 pm	Everyone	Free
	M	T		H				Fitness	11:30 am - 8:00 pm	Adults (13 & Older)	\$1.00/day
			W		F			Fitness	11:30 - 5:30 pm	Adults (13 & Older)	\$1.00/day
Belmont											
	M	T	W	H	F			Track/Fitness	7 am - 7:45 pm	Adults (13 & Older)	\$1.50/day \$15.00/month
Su								Track/Fitness	7 am - 5:20 pm	Adults (13 & Older)	\$1.50/day \$15.00/month
								Track/Fitness	1 - 4:50 pm ³	Adults (13 & Older)	\$1.50/day \$15.00/month
						Sa		Track/Fitness	9 am - 4:50 pm ³	Adults (13 & Older)	\$1.50/day \$15.00/month
Su								Gym	1 - 4:40 pm	Volleyball ¹	***Phone 441-6789
			W					Gym	5 - 7:45 pm	Basketball/Volleyball ¹	***Phone 441-6789
						Sa		Gym	1 - 4:40 pm	Basketball ³	***Phone 441-6789
Calvert											
Su								Gym	1 - 4:40 pm	Volleyball ⁵	***Phone 441-8480
	M	T	W	H				Gym	5 - 5:55 pm	Basketball	***Phone 441-8480
		T						Gym	6 - 7:50 pm	Basketball	***Phone 441-8480
						Sa		Gym	10 am - 12:30 pm	Basketball (Sep 6 - 27 only)	***Phone 441-8480
						Sa		Gym	1 - 4:40 pm	Basketball ⁴	***Phone 441-8480
Easterday											
		T	W	H				Gym	5:45 - 8:40 pm	Basketball/Volleyball	***Phone 441-7901
	M							Open Gym	5:30 - 7:45 pm	Adults (15 & Older)	No Fee
	M	T	W	H				Weightroom	9 am - 7:45 pm	Adults (15 & Older)	\$1.00/day \$10.00/12 days
						Sa	Open Gym &	Weightroom	1 - 5:00 pm	Adults (15 & Older)	\$1.00/day \$10.00/12 days
					F			Weightroom	9:00 am - 5:45 pm	Adults (15 & Older)	\$1.00/day \$10.00/12 days
F Street											
	M	T	W	H	F			Track	7 - 9:00 am	Adults	\$1.50/day \$15.00/month
	M	T	W	H	F			Track	9 - 11:00 am	Adults	Free
	M	T	W	H	F			Track	11 am - 1 pm	Adults	\$1.50/day \$15.00/month
	M	T	W	H	F			Track	1 - 3:00 pm	Adults	Free
	M	T	W	H	F			Track	5 - 9:00 pm	Everyone	\$1.50/day \$15.00/month
Su								Track	1 - 6:00 pm	Everyone	\$1.50/day \$15.00/month
						Sa		Track	9 am - 9 pm	Everyone	\$1.50/day \$15.00/month
	M	T	W	H	F			Gym	7 am - 3:00 pm	Adults	Free
	M	T	W	H	F			Gym	3 - 5:00 pm	Grade School	Free
	M	T	W	H				Gym	5 - 9:00 pm	Priority Adults 5-7 pm	Free
									7 - 9:00 pm	Ages 12 and older	Free
Su								Gym	1 - 6:00 pm	Everyone	Free
						F		Gym	6 - 8:45 pm	Volleyball	***Phone 441-7951
						Sa		Gym	9 - 9:00 pm	Basketball	Free
	M	T	W	H	F			Fitness	7 am - 9:00 pm	Adult (15 & Older)	\$1.50/day \$15.00/month
						Sa		Fitness	9 am - 9:00 pm	Adult (15 & Older)	\$1.50/day \$15.00/month
Su								Fitness	1 - 6:00 pm	Adult (15 & Older)	\$1.50/day \$15.00/month
Irving											
Su								Gym	1 - 4:40 pm	Volleyball ⁷	*** Phone 441-7954
	M	T		H				Gym	6 - 7:50 pm	Basketball ⁶	*** Phone 441-7954
			W					Gym	6 - 7:50 pm	Volleyball ⁶	*** Phone 441-7954
						Sa		Gym	1 - 1:40 pm	Basketball ⁷	*** Phone 441-7954
	M	T	W	H				Fitness	5 - 7:45 pm	Middle School - Adult ⁶	\$1.00/day \$10.00/12 days
Su						Sa		Fitness	1 - 4:45 pm	Middle School - Adult ⁷	\$1.00/day \$10.00/12 days

¹ begins Sep 12

² begins Sep 8

³ begins Sep 11

⁴ begins Nov 1

⁵ begins Sep 7

⁶ begins Sep 13

⁷ begins Nov 6

*** \$8.00(basketball), \$10.00(volleyball) per reservation. Call center of choice, reservations are taken each Wednesday at 9 am prior to week needed.

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